

WYTYCHAK ELDER LAW NEWS

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Happy New Year from Wytychak Elder Law!

News:

- Wytychak Elder Law will be closed on January 17, 2011 in honor of Martin Luther King/ Human Rights Day.



- On January 25, 2011 at 6:30 p.m., the Alzheimer's Association will host a **free** educational piece entitled "Activities: Making Them Meaningful" at Life Care of Post Falls (460 N. Garden Plaza Court). The presentation is designed for family and caregivers of dementia and Alzheimer's disease patients. Dinner is included! Please call the Alzheimer's Association at 666-2996 for more information and to reserve your seat!

Some Ideas for Your New Year's Resolution -by Kate Monroe Coyle

Oscar Wilde once wrote, "A New Year's resolution is something that goes in one year and out the other." It's that time of the year again- time to come up with your New Year's resolution. According to ProactiveChange.com, forty to forty-five percent of Americans make a New Year's resolution each year. Although by July 1 every year only about forty-six percent of those who initially made resolutions are still going strong, it is still very important to simply make a resolution. According to the same website, people who explicitly make resolutions are ten- times more likely to reach their goals than those who do not.

For Senior Citizens, choosing a resolution is especially important. Real Simple Magazine published the following statistics:

- See an eye doctor when you detect vision problems as you age and you could decrease your risk of dementia by 64% compared to people who didn't get their eyes checked.



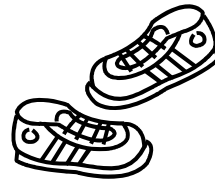
- Lose 7 percent of your body weight and you can lower your risk of developing type-two diabetes by up to 58%.

- Exercise moderately for 30 minutes a day and you may have up to an 80 percent reduced risk of developing breast cancer.
- *My personal favorite:* Eat dark chocolate 5 or more times a week and you may be 57% less likely to have coronary heart disease than



people who don't.

By far the most common resolutions are health related. I feel that this is appropriate because your health can affect so many aspects of your life. In a recent article by Jeannine Stein of the Los Angeles Times, studies show that walking "puts the brakes" on cognitive decline. The study, which spans twenty years and studies four hundred twenty-six older adults, showed that the more people moved, the higher their brain volume. Walking six miles per week can preserve brain volume and slow the risk of cognitive decline for healthy adults. For those adults that are already cognitively impaired, walking about five miles per week will achieve the same results.



So remember this in making your New Year's resolutions. If you can, take a short walk. Join the Lake City Striders. Eat some chocolate. Go to a dance at a senior center. Start small. Remember, it doesn't matter if you keep your resolution or not; having one to begin with is what counts!

Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man. ~Benjamin Franklin



If you haven't already done so, please take a look at our website at:

www.wytychakelderlaw.com